



Skillet Catfish

Cook time: 20 minutes

Makes: 4 Servings

Catfish fillets are coated in a spicy cornmeal rub and pan-fried until browned to perfection. Try substituting with cod or tilapia for delicious variety.

Ingredients

For the spice rub:

1/8 cup cornmeal

1 teaspoon dried oregano

1/2 teaspoon cayenne pepper

1 teaspoon dried thyme

1 teaspoon paprika



1/2 teaspoon salt

1/2 teaspoon black pepper

Nutrition Information

Nutrients	Amount
Calories	162
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	66 mg
Sodium	349 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	19 g
Vitamin D	14 mcg
Calcium	32 mg
Iron	1 mg
Potassium	473 mg
N/A - data is not available	

MyPlate Food Groups

	Grains	1/2 cup
	Protein Foods	3 ounces

4 4-ounce catfish filets

2 teaspoons vegetable oil

1 lemon or lime (quartered)

Directions

1. Make the spice rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt and pepper on a plate and combine well.
2. Dredge both sides of the catfish in the spice mixture.
3. Put the skillet on the stove and turn the heat to high.
4. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and cooked throughout.
5. Serve right away garnished with lemon or lime wedges.

Notes

Use cod or tilapia instead of catfish.

USDA Center for Nutrition Policy and Promotion